

# NATIONAL DIABETES PREVENTION PROGRAM

WORKING TOGETHER TO  
PREVENT TYPE 2 DIABETES



## THE GROWING THREAT OF PREDIABETES

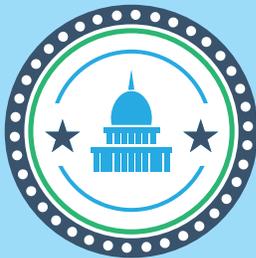
**84.1** MILLION  
adults have  
prediabetes



**9** OUT OF **10**

people with prediabetes  
don't know they have it

## REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the **NATIONAL DIABETES PREVENTION PROGRAM** (National DPP) — a public-private partnership to offer evidence-based, low-cost interventions in communities across the United States to prevent type 2 diabetes

It brings together:



to achieve a greater impact on reducing type 2 diabetes

Research shows  
structured lifestyle  
interventions can  
**cut the risk of  
type 2 diabetes in**

**HALF**



## Groups in the National Diabetes Prevention Program are working to:



Build a workforce that can implement the lifestyle change program effectively



Ensure quality and standardized reporting



Deliver the lifestyle change program through organizations nationwide



Increase referrals to and participation in the lifestyle change program

A key part of the National DPP is a **lifestyle change program** that provides:



**A TRAINED LIFESTYLE COACH**



**CDC-APPROVED CURRICULUM**



**GROUP SUPPORT OVER THE COURSE OF A YEAR**

## JOIN IN THIS NATIONAL EFFORT

Everyone can play a part in **preventing** type 2 diabetes



**RAISE AWARENESS** of prediabetes



**SHARE INFORMATION** about the National DPP



**ENCOURAGE PARTICIPATION** in a local lifestyle change program



**PROMOTE** the National DPP as a covered health benefit

Find out how to get involved with the **National Diabetes Prevention Program**

[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)